

WALTHAM SECONDARY

LUNCH MENU

September 2009

Lunch is \$2.00

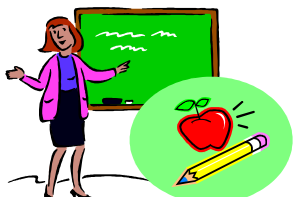


All lunches include choice of milk and choice of fruit.

Healthy Snacks and beverages are available a la carte.

Menu is subject to change.

Please try to pre-pay for your lunch by the week or month.



Monday	Tuesday	Wednesday	Thursday	Friday
31 <i>You may be eligible for free or reduced price meals. Applications will come home with your child and are available on-line.</i>	TEACHERS RETURN 	2 WELCOME BACK Steak & Cheese Sub Oven Baked Fries School Garden Cherry Tomato & Corn Salad	3 Chicken Quesidillas Mexican Corn Medley Veggie Dippers	4 <i>Enjoy your holiday weekend</i> 
7 	8 BBQ Chicken on a Bun Creamy Cole Slaw Corn Niblets	9 100% Fruit Juice Pasta with Meat Sauce Summer Squash Saute Italian Bread	10 Chicken Pot Pie with Mashed Potato Topping Hearty Wheat Roll	11 Fish 'N Chips Crunchy Oven Baked Fish Oven Baked Fries Summer Squash Salad
14 100% Fruit Juice Meatball Sub Green Beans	15 100% Orange Juice Egg McWaltham Hash Brown Pattie Petite Banana	16 Oven Barbeque Chicken Rice Pilaf Peas and Carrots Soft Wheat Roll	17 100% Fruit Juice Spaghetti & Meatballs Zucchini & Summer Squash Italian Bread	18 Chopped Turkey Cobb Roll-up Turkey with Lettuce, Tomato & Cucumber Rice Salad
21 BBQ Rib Sandwich Corn Niblets Creamy Cole slaw	22 Open Face Hot Turkey Sandwich with Gravy Green Beans & Baked Sweet Potato Half	23 Chicken Scampi Over Rice Roasted Zucchini & Summer Squash Italian Bread	24 Melon Wedge Mozzarella, Basil and Tomato Sandwich Tomato and Corn Salad	25 Hearty Chili Slaw Salad Oven Fresh Cornbread
MASSACHUSETTS HARVEST FOR STUDENTS WEEK				
28 Yom Kippur No School	29 Turkey Hot Dog on a Bun Potato Rounds Summer Squash Saute	30 TACOS Seasoned Meat, Salsa & Cheese, Lettuce & Tomato Mexican Rice	1 Buffalo Chicken Sandwich Tomato & Corn Salad Celery Sticks with Dip	2 100% Fruit Juice Macaroni & Cheese Green Beans Italian Bread

VEGETABLE OF THE MONTH

Summer Squash - Summer squash has a soft skin that can be cut with your fingernail. The skin is the most nutritious part, so don't peel this squash! Summer squash contains fiber, vitamin A and potassium. Summer squash grows well in New England and is plentiful in summer and fall. Types of summer squash include zucchini, yellow, crookneck and patty pan. It can be eaten many ways, such as raw in salads, or grilled, steamed, roasted or sauteed.

ALTERNATIVE LUNCHESES

We offer the following lunch items daily:

Burger or Chicken Patty on a Bun
Selection of Sandwiches and Wraps

Fresh Pizza
Luncheon Salads

FREE & REDUCED APPLICATIONS

Free & Reduced meal applications are also available in English and Spanish on our website:

<http://www.walthampublicschools.org/lunch.cfm>

and can be submitted by fax to: 781-314-5496

FOOD SERVICE SUBSTITUTES

If you are interested in working as a Food Service Substitute please apply at the Personnel Department located at Government Center 119 School Street, Waltham, MA 02452 781-314-3355